

OCTOBER 2018 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminster MD 21157, 410-751-5501, www.westminstermd.gov **The Mission of the Westminster Family Center's Group Fitness Team:** To provide a safe and enjoyable environment for people of all ages and fitness levels by providing a variety of aerobic, strength training and mind body classes taught by Nationally Certified Instructors. **12 years of age up to 14 years old can participate in class with a parent or legal guardian.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a	P90X & CORE DE FORCE LIVE Tommie	Cycle 30/ TABATA 30 Gabby	P90X & CORE DE FORCE LIVE Tommie	Cycle30/ TABATA30 Gabby	P90X & CORE DE FORCE LIVE Tommie		
8:00 a	Cardio Dance Susanne Vinyasa Flow Yoga 75 Cindy ●		Cardio Dance Dee Vinyasa Flow Yoga 75 Cindy ●		Light Dance Dee Yoga & Meditation 75 Joe ●	Hot Yoga Bethany B	
8:15 a					*Cycle 45 Gabby ●		
8:30 a						Zumba Sarah ●	
9:00 a	TABATA Gabby	Happy Hour at the Barre Gabby ● Flow Yoga-75 Karen ●	*Cycle 45 Gabby ●	Zumba 45 Lisa ● Yin Yoga Karen		Anything Goes ALTERN	HIIT Michelle FlowYoga75 Cynthia ●
9:15 a					*Cycle 45 Gabby ●	Hot Yoga Bethany B	
9:30 a							*Cycle Teresa
9:45 a					Yoga & Meditation 75 Joe ●	Barre Alex ●	
10:00 a	TABATA Gabby Flow Yoga Joe ★	Triple Threat Maggie	TABATA Gabby	Butts & Guts Bethany K	Freestyle Combat Bethany K		
10:15 a	Zumba Alex ●				Happy Hour at the Barre Gabby ●	*Cycle Maggie	
10:30 a						Flow Yoga-75 Cindy ●	
11:00 a		Flow Yoga-75 Syeda ●		Flow Yoga-75 Shawn ●			
12:00 p	Pick-Up Basketball	Pick-Up Basketball		Pick-Up Basketball			
12:10 p	Express Yoga-40 Shawn ●		Express Yoga 40 Cindy ●				
4:30 p	Flow Yoga Karen						
4:45 p		Hot Yoga Joe	Flow Yoga Bethany B	Flow Yoga Kelly			
5:00 p		Kickboxing Bootcamp Josh	Barre Alex ●	Ultimate Strength & Core ◆ Maggie	Cycle 30/Circuit 30 Maggie		
5:30 p			* Cycle Teresa				
6:00 p	Total Body Blast Reba	Flow Yoga Joe Zumba Sarah *Cycle Kaye	Yoga Fundamentals Bob TABATA Gabby	Flow Yoga 75 Cynthia Zumba Rhonda *Cycle Kaye			
6:30 p	*Cycle Wendy				POUND Rachel ◆		
7:00 p	Zumba Kristy		20, 20, 20 Kristy				
7:15 p		Hot Yoga Bethany B					

***CYCLE - SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE 410-751-5501**

- ★ New instructor, format, time and/or location, ◆ New class, ■ dates to be announced
- Third Floor Barre Studio, ● class length of 30, 40, 45, 75 or 90 minutes
- ▲ Westminster Municipal Pool, 325 Royer Rd, Westminster 410-857-5633

Yoga Studio: Yoga classes, **Cycle Studio:** Cycle classes, **Barre Studio (3rd Floor):** marked with ● symbol, **Gymnasium:** All other classes

All classes are 60 minutes unless noted. Class descriptions on reverse side.

Child Care is available during all classes (excludes classes before 8:30 am)